

# Tending the Roots: Recognizing Trauma & Cultivating Wellness

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## About the Training

The Tending the Roots training helps people and organizations understand toxic stress, trauma, and how they can affect everyone. This class also talks about how racism, parts of our environment (like our neighborhoods and schools), and tough experiences are connected, and how things like fairness and justice affect our health. We'll also learn about things that can help you and others bounce back from hard experiences. By the end of the program, we want everyone to have the knowledge and tools to create safe and supportive spaces for themselves and others to build a healthier and fairer world.

## Modules

- 1 Introduction to Trauma and Toxic Stress
- 2 Trauma... The Mind and The Body
- 3 Wellness, Resilience, and Healing
- 4 Trauma-Informed Approaches
- 5 Compassion and Resilience
- 6 Adapting the Practice

## Learning Objectives

- Learn about trauma, how common it is, and its effects.
- Discover the key influences that help people overcome challenges.
- Develop an understanding of how racism can affect a person's mental and physical health over time.
- Get strategies to support people who have experienced trauma, in a way that works for the long term.
- Encourage organizations to build the skills and resources they need to continue providing care for people who have experienced trauma.

Questions? Contact us [YPIInfo@ftnys.org](mailto:YPIInfo@ftnys.org) or [Info@ftnys.org](mailto:Info@ftnys.org)